

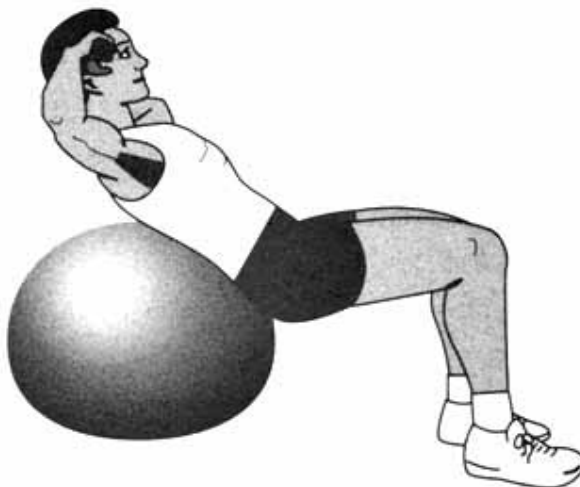
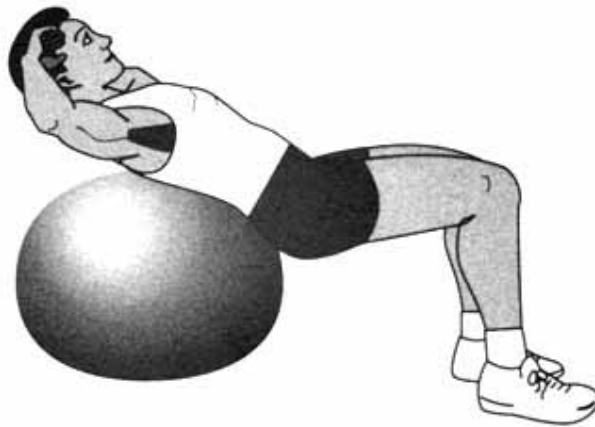
Body Ball Exercises

Tomado de : Bodytrends.com

TRUNK EXERCISES

Each of the following exercises has two to three intensity or complexity variations. Level I variations are described first and are the easiest to perform. When you're able to perform the Level I exercises with control and proper postural alignment, then proceed to the Level II and Level III variations

SUPINE TRUNK CURL



Primary Muscles Worked: Rectus abdominus, internal and external obliques

Primary Stabilizers: Neck, hips, legs

Joint Action(s): Lumbar spinal flexion

Starting Position: Supine incline position with arms crossed over the chest or fists placed at your temples.

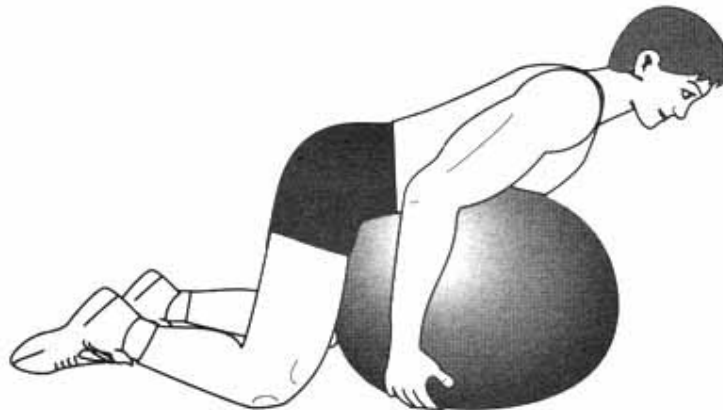
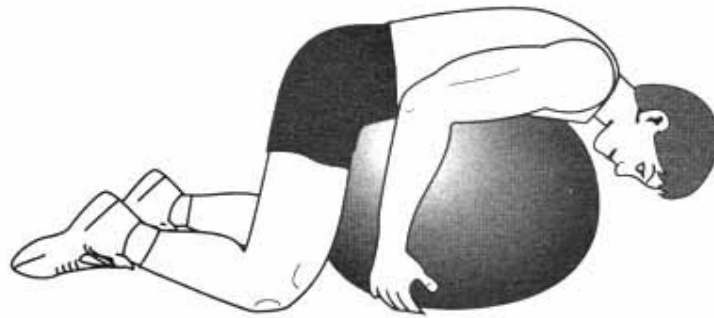
Execution of Exercise: Slowly curl your trunk, letting your shoulders and upper back lift off the ball. Return slowly to starting position and neutral posture. If your neck becomes fatigued, place one or both hands behind the head for support.

Technique and Cueing Tips: Curl your trunk by pulling the bottom of your ribcage down toward your hips. Avoid pulling on the head or neck. Return to neutral posture between each repetition.

INTENSITY VARIATIONS:

Level II: Begin in the supine incline position as above. Walk your feet backward, letting the ball roll down your back until it is centered under the lumbar spine. Your trunk is now more parallel to the floor (supine with lumbar support - base position). Either place your hands behind your head, or place your fists at your temples for more neck stabilization. Curl your trunk as described in Level I, then slowly return to starting position. This exercise requires more abdominal strength, balance and postural stabilization than the Level I variations.

PRONE TRUNK EXTENSION



Primary Muscles Worked: Lumbar spinal extensor group

Primary Stabilizers: Neck, obliques, hips

Joint Action(s): Lumbar spinal extension

Starting Position: Prone with trunk support. Your arms are at your sides, or wrapped around the back of the ball. Let your spine flex slightly so your trunk is rounded over the ball.

Execution of Exercise: Slowly extend the spine, lifting your chest slightly off the ball until the spine is straight or slightly extended. Return slowly to starting position.

Technique and Cueing Tips: Lift the chest using the spinal extensors, rather than pushing the trunk up with your arms. The neck should be in neutral position throughout the movement. To help find and maintain neutral cervical position, place one fist under your chin, and perform the exercise without lifting

your chin off the fist. Use control to avoid excessive hyperextension of the lumbar and cervical spine.

Intensity Variations, Level II: Begin in the prone position with trunk support. Either place your hands in front of your forehead, or place fists at your temples for more neck stabilization. The spine flexes slightly as your trunk rounds over the ball. Extend the spine as described in Level I. This exercise requires more strength and balance than the Level I variation.

Level III: Begin in the prone position with hip support. Use any of the arm variations above. For additional challenge, reach over your head, keeping the biceps close to your ears. The spine flexes slightly as your trunk rounds over the ball. Extend the spine as described in Level I. This exercise requires more strength and balance than the Level I & Level II variation.

SIDELYING LATERAL FLEXION



Primary Muscles Worked: Internal and external obliques, rectus abdominus, erector spinae, quadratus lumborum

Primary Stabilizers: Neck, supporting hip and leg

Joint Action(s): Lateral trunk flexion

Starting Position: Sidelying position with bent leg. Place the fist of your bottom arm at your temple, and lightly rest the top arm on the front of the ball. Allow the trunk to laterally flex slightly and round over the ball.

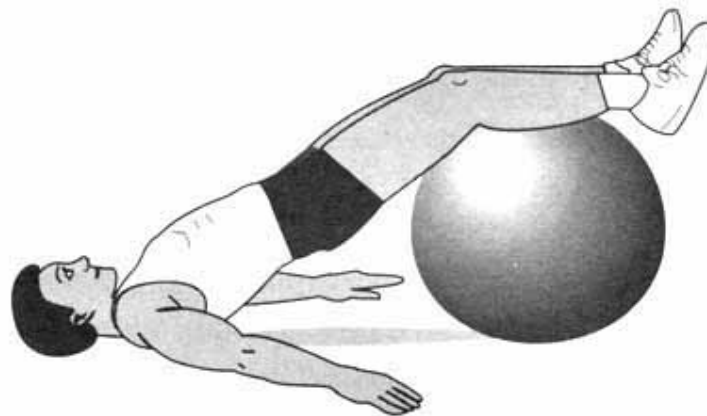
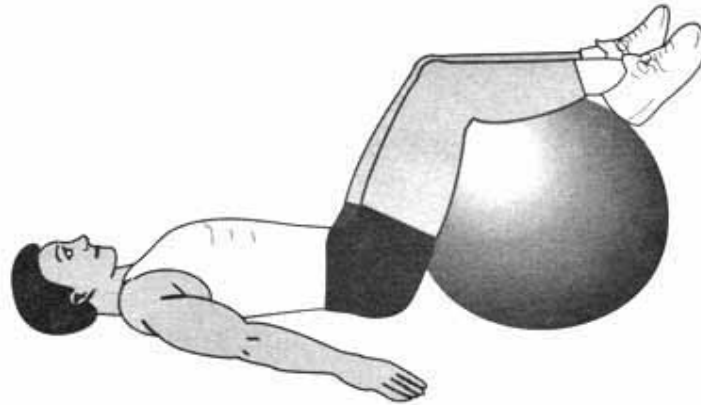
Execution of Exercise: Laterally flex and lift the trunk slowly, pulling the ribcage down toward the hip. Pause at the top of the movement, and then slowly return to starting position.

Technique and Cueing Tips: Maintain neutral alignment of the hips, not allowing the top hip to roll front or back. Avoid laterally flexing the cervical spine or letting the head tip to the side. Let the supporting arm assist with balance, but avoid pushing the body up with the arm. As you laterally flex, press the bottom hip and side of the torso into the ball for added stabilization.

Intensity Variations, Level II: Begin in a sidelying position with bent leg. Place both fists at your temples, elbows out to the sides. Laterally flex the spine as described in Level I. Maintain neutral cervical alignment throughout the exercise. This exercise requires more strength, balance and postural stabilization than the Level I variation.

Level III: Begin in a sidelying position with extended legs. Scissor one leg slightly front and the other leg slightly back for balance. Place your arms in either of the above described positions. Laterally flex the spine as described in Level I. Maintain neutral cervical alignment throughout the exercise. Adjust the width of your scissored legs for comfort and to facilitate balance. A narrower width is more challenging than a wide scissor. This exercise requires more strength, balance and postural stabilization than the Level I & Level II variation

SUPINE HIP EXTENSION



Primary Muscles Worked: Gluteus maximus, hamstrings

Primary Stabilizers: Spinal extensors, obliques, hips, arms (when on floor at sides)

Joint Action(s): Hip extension

Starting Position: Supine with elevated legs. Hands are resting on the floor at your sides or crossed over your chest. The ball is supported under flexed knees.

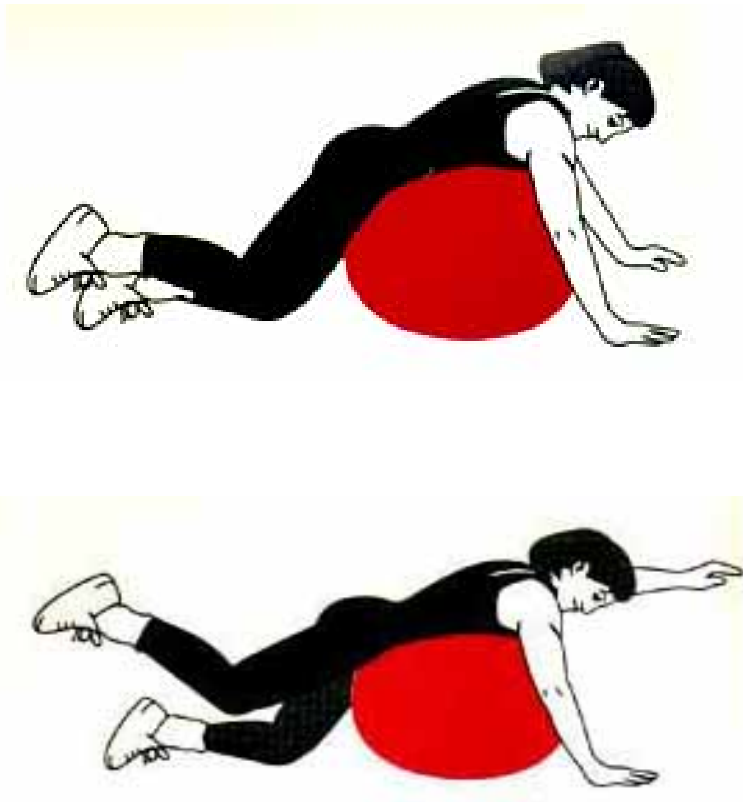
Execution of Exercise: Slowly extend your hips, lifting them off the floor until they are fully extended. Pause at the top of the movement, then slowly return to starting position.

Technique and Cueing Tips: Your weight is supported across the shoulder area. Avoid pressing the cervical spine into the floor. When learning this exercise, press your arms down against the floor to assist with balance and stabilization. After becoming more skilled, perform the exercise without using your arms. Maintain neutral posture in the lumbar and cervical spine throughout. Avoid pushing up with momentum or excessively arching your back.

Intensity Variations, Level II: Begin in the supine position with elevated legs. The ball is supported under the calves. Perform hip extension as described in Level I. Hands may be placed on the floor, or crossed over the chest. Leg width may also vary, with a narrower stance being more challenging. This exercise requires more strength, balance and stabilization than the Level I variation.

Level III: Begin in the supine position with elevated legs. The ball is supported under the feet. Perform hip extension as described in Level I. Hands may be placed on the floor, or crossed over the chest. Leg width may also vary, with a narrower stance being more challenging. This exercise requires more strength, balance and stabilization than the Level I & Level II variation.

PRONE OPPOSITION ARM/LEG RAISE



Primary Muscles Worked: Spinal extensor group (isometrically), gluteus maximus, hamstrings, deltoids

Primary Stabilizers: Neck, spinal extensor group, supporting arm, supporting hip and leg

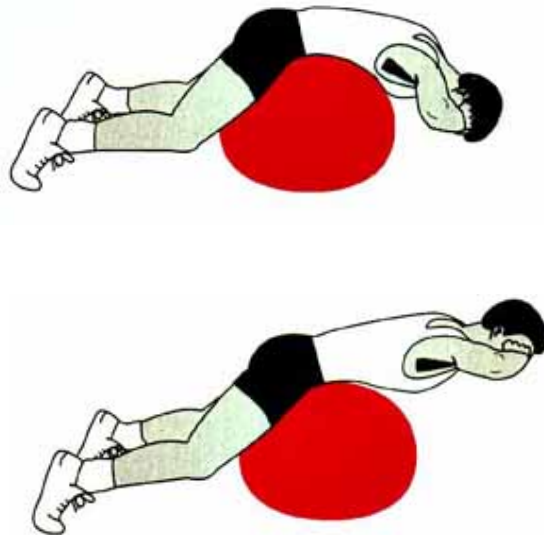
Joint Action(s): Hip extension, shoulder flexion

Starting Position: Prone with trunk support. Your right leg is extended behind you, foot touching the floor. Your left arm is reaching out in front of you, hand touching the floor. The biceps should be close to your ear. Let your spine flex slightly so your trunk is rounded over the ball

Execution of Exercise: Lift the left arm and right leg slowly at the same time, executing a full range of motion without rotating the hips or shoulders. Pause at the top of the contraction, and then slowly lower back down to starting position. Repeat this exercise alternating sides, or perform multiple repetitions on each side.

Technique and Cueing Tips: Avoid hyperextending the cervical spine by keeping the head still during the movement. Movement should be slow and controlled, avoiding momentum. Adjust the width of the legs and arms slightly to facilitate balance, but maintain proper alignment of the leg and hip, arm and shoulder.

ADVANCED PRONE TRUNK EXTENSION



Primary Muscles Worked: Lumbar spinal extensor group

Primary Stabilizers: Neck, obliques, hips

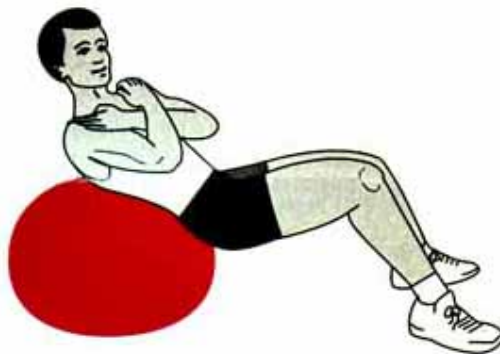
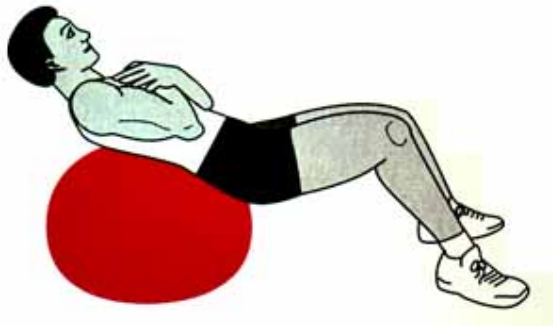
Joint Action(s): Lumbar spinal extension

Starting Position: Begin in the prone position with **hip** support. Your arms are over your head, with your biceps close to your ears. Let your spine flex slightly so your trunk is rounded over the ball.

Execution of Exercise: Slowly extend the spine, lifting your chest slightly off the ball until the spine is straight or slightly extended. Return slowly to starting position.

Technique: Lift the chest using the spinal extensors. Use control to avoid excessive hyperextension of the lumbar and cervical spine. The spine flexes slightly as your trunk rounds over the ball. This exercise requires good strength and balance.

SUPINE OBLIQUE CURL



Primary Muscles Worked: Rectus abdominus, external and internal obliques

Primary Stabilizers: Neck, hips, legs

Joint Action(s): Lumbar spinal flexion and rotation

Starting Position: Supine incline position with arms crossed over the chest.

Execution of Exercise: Slowly curl your trunk, pulling your ribcage down toward the hips. As you begin to curl, rotate the right side of the upper body toward the left leg. Return slowly to your starting position and neutral posture. Repeat this exercise alternating sides, or perform multiple repetitions on each side.

Technique and Cueing Tips: Initiate each repetition of the exercise with a slight curl prior to beginning the rotation action. As you curl and rotate, press your lower back into the ball and pull the right side of your ribcage down toward your left thigh (reverse this action when you perform the curl on the other side). Return to neutral posture between each repetition.

SUPINE REVERSE TRUNK CURL



Primary Muscles Worked: Rectus abdominus, external obliques

Primary Stabilizers: Arms, upper back, back of the legs, hip flexors

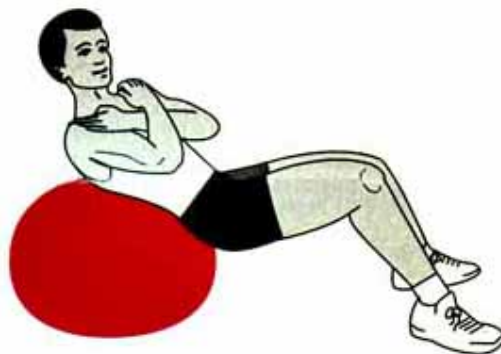
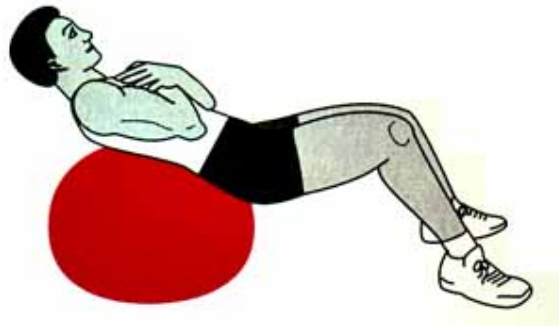
Joint Action(s): Lumbar spinal flexion (emphasize posterior pelvic tilt movement)

Starting Position: Supine heel grip with hands resting on the floor at your sides. Hips are flexed to approximately 90 degrees.

Execution of Exercise: Grip the ball between the backs of your thighs and heels. Tilt your pelvis until your hips lift slightly off the floor. Slowly return to starting position and neutral posture.

Technique and Cueing Tips: Avoid swinging the legs or actively flexing the hips to initiate the pelvic tilt. Instead, curl the pelvis using the abdominal muscles. When returning to starting position, the knees should lower to a position directly above the hips (about 90 degrees of hip flexion). When learning this exercise, the hands may press down into the floor to assist and stabilize the movement.

SUPINE OBLIQUE CURL



Primary Muscles Worked: Rectus abdominus, external and internal obliques

Primary Stabilizers: Neck, hips, legs

Joint Action(s): Lumbar spinal flexion and rotation

Starting Position: Supine incline position with arms crossed over the chest.

Execution of Exercise: Slowly curl your trunk, pulling your ribcage down toward the hips. As you begin to curl, rotate the right side of the upper body toward the left leg. Return slowly to your starting position and neutral posture. Repeat this exercise alternating sides, or perform multiple repetitions on each side.

Technique and Cueing Tips: Initiate each repetition of the exercise with a slight curl prior to beginning the rotation action. As you curl and rotate, press your lower back into the ball and pull the right side of your ribcage down toward your left thigh (reverse this action when you perform the curl on the other side). Return to neutral posture between each repetition.